



Location: 36 South Main St.

Hours of Operation: Mon - Fri 8:00 AM - 4:00 PM

Phone: (508) 278- 8622

The Silver Center News

Uxbridge Council on Aging Newsletter

www.uxbridge-ma.gov/coa

JULY 2014

Marsha Petrillo - Director

Donna Oncay - Admin Assistant

Lynne McPherson - Chef

Peter Waeger - Van Driver

WishList

**foam coffee cups
napkins**

Our wish list this month has changed. We've had overwhelming response to it in June. We now have an abundance of paper towels so we deleted it from this month's list. Thanks again to the generous people of Uxbridge. By the way, we also accept cash donations if you're so inclined and as a reminder, the things we ask for are not covered by our budget.

FYI.. The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM- 4 PM



**SHOPPING
TRIPS** Grocery shopping every

Tuesday - Pick up begins at 8:30 AM.

Walmart shopping 2nd and 4th Thursdays of the month. Pick up begins at 13:30 PM.

THE UXBRIDGE SENIOR CENTER

...the moral test of a society is how that society treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; those who are in the shadows of life; the sick, the needy and the handicapped.*

How does Uxbridge score?

Ask the Seniors at the center!

THE UXBRIDGE ELDERLY CONNECTION raises funds to help support many of the activities and the purchase of much of the equipment that is not covered by our budget – thank-you.

Yes, this has been in the newsletter month after month but the Elderly Connection works every day to provide for the Seniors and the Senior Center and everybody should be frequently reminded of that. It's a very generous organization. Why not consider joining? (508) 278-8622

What you are will show in what you do. -- Thomas A. Edison



HOT WEATHER

If we have extremely hot weather during the months of July and August, remember that the Senior Center has air conditioning & we are open from 8 AM to 4 PM during the week.



SENIOR CENTER WEBSITE - Check out the Uxbridge Senior Center Website and Facebook page for up to the minute information on Healthy Senior Living. Watch the video, "SAFE TODAY HEALTHY TOMORROW" from the Executive Office of Elder Affairs on our web page. View pictures of Senior Center events on our Facebook page.

Please call the Senior Center at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments.

Van transportation begins at 10:30 am each day. Please check with the Senior Center, Uxbridge Cable Station or the Council on Aging website (uxbridge-ma.gov/coa) for the Lunch Menu.

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Uxbridge Council on Aging Newsletter

SENIOR CENTER FACELIFT Thank you to the many volunteers that gave their time to give the Senior Center a new look. The Worcester Sheriff's department arranged to have the building painted.

Brian Feeley and Pete Petrillo did the repairs on the front of the building and Ken Travers removed all of the poison ivy from the back of the building. Mike DeMiglio and the Tech Engineering students from Uxbridge High School made our beautiful new sign. We appreciate all your hard work.



The Senior Center recently acquired an Automated External Defibrillator through a partial reimbursement from the Executive Office of Public Safety. Thanks to Bill Oncay for writing the grant and to Vinnie Nofi for hanging the cabinet.

SENIOR DISCOUNTS Check this website for information on discounts for seniors at restaurants, retail stores, grocery stores and more.

www.bradsdeals.com/blog/senior-discounts/

BEREAVEMENT COUNSELOR - Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor, Dr. Carl Schultz. Dr. Schultz comes to us with impressive credentials. He is available for people of all ages by appointment. All sessions are free, private and confidential.

Call the Senior Center at 508-278-8622 to make an appointment.

PASS THE GORD

Q: WHAT DO YOU CALL A FAKE NOODLE?

A: AN IMPASTA.

Q: DID YOU HEAR ABOUT THE RACE BETWEEN THE LETTUCE AND THE TOMATO?

A: THE LETTUCE WAS A "HEAD" AND THE TOMATO WAS TRYING TO "KETCHUP"!

Q: WHAT DO YOU CALL A BOY WHO FINALLY STOOD UP TO THE BULLIES?

A: AN AMBULANCE.

ARE WE HAVING FUN YET?

ELDERLY CONNECTION GOLF TOURNEY



Thanks to Peter DiBattista, Pete Petrillo and Russ Rosborough the tournament was a great success. Thank you also to Kevin and Cindy Bliss and Crystal Lake Golf Course for all your help.

MORE NEWS FROM SHINE - If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. For assistance with appeals, the Medicare Advocacy Project provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.



4TH OF JULY CELEBRATION -

Our July 4th celebration will be held on the 3rd of July this year. Call to reserve your lunch.

The Senior Center will be closed on July 4th and no lunch will be served.

ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER

The numbers below represent people served in
May 2014

Telephone Calls	1,282
Meals Served	512
Daily Visitors	697
Computer Classes	18
Medical Runs	148
Hannaford's Shopping	25
Walk-In Help	21
Walmart Shopping	13
Lunch Pick Up	182

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Dates to Remember



Friday, July 11, 2014 - Lunch and learn with Police Chief Lourie, "Safety Tips". - Information for Seniors." Time: 11:30 - 12:30

Friday, July 18, 2014 Lunch and Ice Cream Social. Hannaford will provide and serve ice cream for our dessert - 11:30 - 12:30



Please call well in advance (48 hours) to reserve your lunch.

Tuesday, July 22, 2014 - Celeste Kopeck from Salmon VNA will be here to talk about their new TeleHealth Program

HELP WANTED! We are looking for a few volunteers to help out at the Senior Center - answering phones. If you can make a commitment to one morning or afternoon a week, please call Marsha at (508) 278-8622 —Thanks.



Also...

Check out more photos of the "Breakfast Strong" program by Lou Pilczak and Tri Valley Nutrition.

Happy 90th Til ! We send our heartfelt wishes for a wonderful year and many more to come.

UXBRIDGE SENIOR CENTER
Lunch Menu
36 South Main Street, Uxbridge, MA 01569
(508) 278-8622

JULY 2014

Marsha Petrillo - Director
Lynne McPherson - Chef
Pete Waeger - Van Driver
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Monday	Tuesday	Wednesday	Thursday	Friday
	1. MEATBALLS W/PENNE AND MARINARA GARDEN SALAD ANGEL FOOD CAKE W/BERRIES	2. CHICKEN RAMANO PENNE W/MARINARA GARDEN SALAD SUGAR FREE JELLO	3. 4TH OF JULY CELEBRATION SPONSORED BY THE UXBRIDGE SENIOR CENTER	4. CLOSED FOR 4TH OF JULY NO LUNCHESES SERVED
7. VEGETABLE QUICHE GARDEN SALAD WHOLE WHEAT ROLL FRESH FRUIT	8. BEEF STEW BUTTERMILK BISCUIT GARDEN SALAD SUGAR FREE PUDDING	9. ROASTED CHICKEN MASHED POTATOES STUFFING BUTTERNUT SQUASH PEACH CAKE	10. PESTO CHICKEN FLORENTINE W/PENNE GARDEN SALAD SUGAR FREE JELLO	11. BAKED FISH BAKED SWEET POTATO BROCCOLI PIE
14. BAKED MACARONI AND CHEESE CARROTS SUGAR FREE PUDDING	15. MEATLOAF W/GRAVY MASHED POTATOES GREEN BEANS APPLE CAKE	16. CHICKEN AND RICE CASSEROLE BROCCOLI SUGAR FREE JELLO	17. AMERICAN CHOP SUEY PEAS AND CARROTS WHOLE WHEAT ROLL ICE CREAM SANDWICH	18. BAKED FISH RICE PILAF MIXED VEGETABLES CAKE
21. LASAGNA GARDEN SALAD ITALIAN BREAD BROWNIE W/ICE CREAM	22. BEEF POT PIE GARDEN SALAD WHOLE WHEAT ROLL FRESH FRUIT	23. ROASTED CHICKEN RICE PILAF STUFFING GREEN BEANS SUGAR FREE PUDDING	24. ITALIAN SAUSAGE PENNE AND MARINARA GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO	25. *BIRTHDAY LUNCHEON BAKED FISH MASHED POTATOES CAULIFLOWER BIRTHDAY CAKE
28. TUNA CASSEROLE PEAS AND CARROTS FRESH FRUIT	29. SHEPHERDS PIE CARROTS WHOLE WHEAT ROLL SUGAR FREE PUDDING	30. BBQ CHICKEN POTATO SALAD THREE BEAN SALAD SUGAR FREE JELLO	31. HOT DOG W/ROLL BAKED BEANS COLESLAW ICE CREAM SANDWICH	* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA **MENU SUBJECT TO CHANGE WITHOUT NOTICE

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal program please let us know. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium.

Donate Life